

Application No.: 10/702,611

Amendments to the Claims

Please amend claims 8, 14, 15 and add claims 18, 19 as follows. This listing of the claims will replace all prior versions, and listings, of the claims in this application.

1. (previously presented) An exercise device comprising:
a geometric element with a relatively flat bottom;
a top comprising a compressible covering;
a spring element between the top and the bottom of the device;
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise.
2. (previously presented) The device according to claim 1 wherein the spring element comprises a continuous loop spring extending over 360°.
3. (previously presented) The device according to claim 1 wherein the spring element comprises a coil spring, the coil spring comprising coils.
4. (previously presented) The device according to claim 1 wherein the spring element comprises an inflatable bag.
5. (original) The device according to claim 1 wherein the exercise is a push-up.
6. (original) The device according to claim 1 wherein the exercise is a pull-up.
7. (original) The device according to claim 1 wherein the exercise is a dip.
8. (currently amended) An exercise device comprising:
a geometric element with a relatively flat bottom;
a top comprising a compressible covering;
a spring element between the top and the bottom of the device;
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise; and

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a means for decreasing the force required to be exerted by a user during an exercise by adding resistive force to the to the spring element.

9. (previously presented) The device according to claim 8 wherein the resistive force adding means comprises an elastic element.

10. (previously presented) The device according to claim 3 wherein the compression force between the coils is adjusted by adding spacers between the coils.

11. (previously presented) The device according to claim 2 wherein the compression force between the top and the bottom of the loop spring is adjustable by adding at least one elastomeric band that is placed around the loop spring.

12. (previously presented) The device according to claim 1 wherein the device comprises user-assemblable components.

13. (previously presented) A method for doing a push-up exercise comprising:
selecting a device comprising a spring force element that is chosen from at least one of a loop spring, coil spring, scissor spring or inflatable bag;
placing the device on a support surface;
positioning the user's chest above and in contact with the device so that the device exerts an upward force on the user's chest; and
doing the push-up exercise.

14. (currently amended) A method for doing an exercise comprising:
an exercise that is chosen from one of a push-up, pull-up and dip;
selecting a device comprising a spring force element that is chosen from at least one of a loop spring, coil spring, scissor spring or inflatable bag;
placing the spring force element under the body of a user at a chosen location so that the spring force element may exert a spring force on the body;
adding additional force elements to the spring element thereby:
increasing the spring force on the body; and

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decreasing the force required to be exerted by the user during an exercise; and
doing the exercise.

15 (currently amended) The device according to claim 19 wherein the compressible covering is contoured to fit to the shape of the human chest.

16. (previously presented) An exercise device comprising:
a geometric element with a relatively flat bottom;
a top;
a coil spring between the top and the bottom of the device, the coil spring comprising coils;
the compression force between the coils being adjusted by adding spacers between the coils;
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.

17. (previously presented) An exercise device comprising:
a geometric element with a relatively flat bottom;
a top;
a loop spring between the top and the bottom of the device;
the compression force between the top and the bottom of the loop spring being adjustable by adding at least one elastomeric band that is placed around the loop spring;
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.

18. (new) An exercise device comprising:
a geometric element with a relatively flat bottom;
a top;
a spring element between the top and the bottom of the device;
a means for decreasing the force required to be exerted by a user during an exercise by adding resistive force to the to the spring element;
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise.

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19. (new) The device according to claim 1 wherein the compressible covering is contoured to fit to the shape of a portion of the human body.